

HALIFAX

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NEWS
WORTH
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clears RCMP**

Abuse claims of wife who sought hit man were properly dealt with, review finds

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**Silver, bronze
for Black**

Halifax gymnast medals twice at World University Games in Russia

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**MO' PROBLEMS,
MO' MONEY**

HALIFAX'S MO KENNEY HAS EMERGED FROM DARK TIMES WITH A SOCAN SONG-WRITING PRIZE

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Landry sorry for MacIntosh reversal



Ernest Fenwick MacIntosh leaves the Nova Scotia Court of Appeal in Halifax on Oct. 7, 2010. A review of the N.S. Public Prosecution Service has found there were several factors that contributed to the delay in bringing MacIntosh to stand trial on 43 child sex-abuse charges. ANDREW VAUGHAN/THE CANADIAN PRESS

Sex abuse. Report reveals complications, delays that dragged out investigation, extradition

Nova Scotia's justice minister is apologizing to the men who claimed they were abused by Ernest Fenwick MacIntosh for delays that led to the overturning of his convictions.

"We ... know that his victims did not get the justice they deserve. But I do believe that these people deserve answers," said Ross Landry after receiving a report examining the 16-year-long process of extraditing and prosecuting MacIntosh.

The report determined several issues at the provincial and federal levels complicated the investigation of sexual-abuse complaints, launched in 1995, and the attempt to extradite MacIntosh from India.

The former Port Hawkesbury businessman was convicted on 17 counts of sex abuse dating back to the 1970s, but the convictions were quashed on appeal with a ruling that the Crown took too long to bring MacIntosh to trial.

Delays started with the Passport Office's decision to reverse course on revoking MacIntosh's passport, allowing him to re-

Learning from mistakes
"I want the victims and all Nova Scotians to know that we have made and will make changes provincially and we will advocate for changes federally to ensure that no one has to experience what you have lived through." Justice Minister Ross Landry

new it in 1998 and remain in India.

"The reasons why his passport was renewed ... have never been explained," states the report.

The renewal forced the Crown in Nova Scotia to embark on the lengthy extradition process, fraught with delayed and confused communication with the federal agency responsible for extradition requests.

Landry said he has asked his federal justice minister to review the actions of the agencies involved.

"It's a matter of looking at the facts and then accepting responsibility and trying to move forward to ensure that we don't ever repeat this type of matter," he said.

The report also highlighted the sluggish prosecution of the case.

"The Port Hawkesbury Crown ... contributed to the delay by failing to follow up promptly," it states, adding the

workload and court schedule are partly to blame.

The director of the Public Prosecution Service said Crown attorney Richard MacKinnon was handling between 600 and 1,200 cases a year and spending up to five days a week in court.

"Leaving this to a skilled but very busy Crown attorney in a rural office, a case with these complexities, proved not to be the right call," said Martin Herschorn.

Short-term changes being implemented to address problems identified in the report include electronic alerts generated by the Public Prosecution Service records system when more than eight months elapse after a first court appearance. Crown attorneys will also be trained in extradition proceedings.

Longer-term solutions include a new electronic case-management system and greater use of electronic disclosure.

RUTH DAVENPORT/METRO

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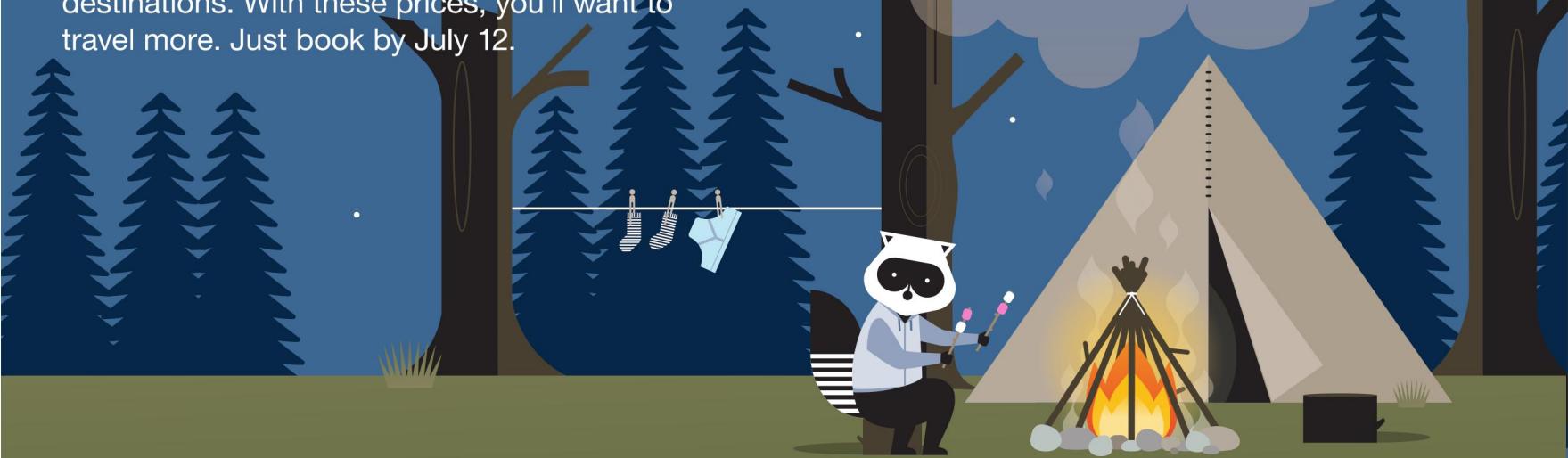
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Lawrencetown

Man killed, two seriously hurt in head-on crash

One man is dead and two women are listed in serious condition after a head-on collision near Lawrencetown Beach on Wednesday.

Just before 6 a.m., police say, an SUV collided with a car on Highway 207 in Lawrencetown. The 55-year-old male driver of the SUV was pronounced dead after he arrived at hospital, police say.

The name of the victim hasn't been released.

"It happened in the early hours. If anybody did see the collision, investigators would be interested in speaking to them," said Halifax RCMP spokesman Cpl. Scott MacRae.

A dark two-door car that the two women were in could be seen with a crushed front end, cracked windshield and broken driver's window.

"Reports were that the two females that were in the car were ejected from the vehicle but it would be the job of the traffic analyst after a mechanical inspection as well as the investigators to determine the exact circumstances surrounding the collision," MacRae said.

Highway 207 was closed for more than seven hours as police investigated the crash.

EVAN MCINTYRE/FOR METRO

Call with info

244-7208

Anyone with information is asked to contact the RCMP at 244-7208.



Electricity knocked out after truck slams into power pole

Power was knocked out for about 200 people for a short while on Wednesday after a truck crashed into a power pole in the Burnside Industrial Park on Borden Avenue. The driver wasn't injured in the crash that happened just before 11 a.m.

CONTRIBUTED/SEAN DEWITT

Boy, 6, dies after highway crash

Minivan struck. Driver of tractor-trailer charged with causing pileup



HALEY RYAN

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A six-year-old boy involved in a car crash near Falmouth died of his injuries on Wednesday.

The four-vehicle accident happened at about 11:30 a.m. Tuesday on Highway 101, and included a tractor-trailer and a mobile home.

"When someone is killed in an accident it is a tragedy," said Staff Sgt. Dan Austin of the

Windsor RCMP. "No one likes to go to those types of calls."

Police say a man, woman and three-year-old girl were hospitalized after the crash, which closed the highway in both directions.

The six-year-old boy and an eight-year-old girl were both taken to the IWK Health Centre by LifeFlight helicopter.

The woman and children were all in the same vehicle, and the man was driving the tractor-trailer.

Police say the boy died in hospital on Wednesday morning. The eight-year-old remains at the IWK Health Centre in stable condition.

The victim's name hasn't been released.



The accident scene from Tuesday. HANTS JOURNAL

Police say speed was a factor in the crash. They say the tractor-trailer struck a minivan, causing it to collide with a motor home towing a car.

"Be aware of what's going on, and try to drive defensively," Austin said, adding that the

investigation is ongoing.

The driver of the truck, a 59-year-old man from Montreal, has been charged with dangerous operation of a motor vehicle causing death. He will appear in Windsor provincial court on Sept. 3.

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NEWS

**SUMMER
SIDEWALK SALE**

Friday, July 5-Saturday, July 13

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\$55K grant. Ecology group will encourage human-powered transport

Advocates at the Ecology Action Centre hope a five-figure grant from the province will lay a foundation for encouraging more Nova Scotians to walk, run and bike rather than drive.

"This is the beginning of what I think is a tidal wave of interest and support for active transportation," said Janet Barlow, active transportation co-ordinator at the EAC.

The grant, totalling \$55,000, will be earmarked by the EAC for staffing, training, hosting workshops and helping communities across the province develop active transportation plans.

Barlow says the money is a start, but she would like

Red-letter day

The \$55,000 grant was announced by Finance Minister Maureen MacDonald on Wednesday morning.

to see more money from the province and municipalities invested in active transportation.

"When you look at other provinces and U.S states, they have a lot more infrastructure and programs like Share the Road programs and safety programs," Barlow said.

"We'd love to see that happen here more."

CLARK JANG/FOR METRO

Boating mishap. Missing boy's body found in Cape Breton harbour

The body of a 14-year-old boy who went missing on Saturday when a boat capsized in a Cape Breton harbour has been found, RCMP say.

Const. Brad Anderson said the body of Gregory Hibbs of Glace Bay was found in Ingonish harbour at about 11:20 a.m. on Wednesday.

Police said five people between the ages of 14 and 18 were in a small wooden boat when it took on water and overturned. All five went into the water about 300 metres from land, but Hibbs didn't make it to shore.

Anderson said sonar-scanning equipment and a dive team located the boat

Police probe

- Police are investigating whether alcohol was a factor.
- The Mounties say it's also believed the teens were not wearing PFDs at the time of the accident.

on Tuesday afternoon.

He said an unidentified object — which was later determined to be Hibbs' body — was found about 45 metres away, but it was too dark for divers to continue their search.

THE CANADIAN PRESS

Mugging on Barrington

Two charged in downtown beating

A man and woman are facing charges after police say a person was severely beaten in a drug-related incident in downtown Halifax on Tuesday night.

Police responded to a robbery call at about 9:30 p.m. in the 2100 block of Barrington Street. The victim, a 43-year-old man, alleges he was approached by two people, beaten and

had his money stolen.

He went to a nearby business and called police. He was then taken to hospital with serious facial injuries.

Early Wednesday morning, police arrested two people without incident at a home in the 2100 block of Gottingen Street.

Martin Andrew Ross, 27, and Holly Lynn MacDonald, 33, both from Halifax, are each charged with robbery and breaching a court order. Ross is also facing a charge of assault causing bodily harm.

METRO



The province will match a donation of \$100,000 a year for five years from the Margaret and Wallace McCain Family Foundation to create three new child centres that combine existing health, education and developmental supports under one roof. Premier Darrell Dexter made the announcement on Wednesday at the Halifax Developmental Centre on Maynard Street, pictured. EVAN MCINTYRE/FOR METRO

Child centres to promote 'playtime with a purpose'

Child care and health.

Early-year centres condense programs under one roof



HALEY RYAN
haley.ryan@metronews.ca

Some parents across Nova Scotia will soon have the chance to get back in the classroom.

On Wednesday, the government announced it is creating three centres across the province so that every child, from birth to six years old, has the same opportunities and care.

"It will bring programs and services into one accessible spot in the community, where families will find it



Darrell Dexter says recent initiatives aren't a "spike" before an election. EVAN MCINTYRE/FOR METRO

It all starts in the cradle

"That's what everyone wants, a future full of promise."

Premier Darrell Dexter

easy to get the support that they need," Premier Darrell Dexter said during the launch at the Halifax Developmental Centre on Maynard Street.

Dexter said the province will match a donation of \$100,000 a year for five years from the Margaret and Wallace McCain Family Foundation to create the centres, which will be attached to or near a school.

He said hundreds of parents told him navigating through the many child-care

programs and services was "challenging," so the new centres will combine existing health, education and developmental supports under one roof.

Parents won't pay extra fees because most areas already have programs, just in different places, Dexter said.

After the event, Margaret McCain told reporters how important it is for her to support the project because of her background as a social worker.

"If we're really going to try and create a non-violent country, we have to start with babies when they're born," McCain said. "It's about behaviour.... It's about playtime with a purpose."

Education Minister Ramona Jennex said school boards are drafting applica-

tions to host a centre, and she hopes to have them in place this fiscal year.

Jennex said each site could deliver child care, early intervention, after-school programs, parent education or something unique.

"Each of these sites is going to look a little bit different," she said.

She also announced that the centres will be run by her department and the provincial Early Years Partnership, a new committee of government representatives and people in the fields of child care, education and health.

Jennex said the centres won't take away from daycare but will offer different supports. The province will work with non-profits and businesses alike to see what gaps should be filled.

Premier nixes election speculation

are," Dexter said.

"It's just a matter of the timetable that is rolling along that makes this closer to whenever the next election is, but these are all programs and plans that we had been working on."

Dexter said the spring and summer announcements aren't just a "spike" before an election, but part of the gov-

ernment schedule.

"After every budget cycle, there was always a series of announcements because they are tied to the budget," he said. "That's just a natural thing."

Dexter said that four years ago his NDP government had a vision for the province, and now the public is seeing the tail end of those plans coming through. HALEY RYAN/METRO



Pockwock Water Transmission Main Connection Completed Thank You To Our Customers

Last weekend, Halifax Water staff, and its contractor Dexter Construction, undertook one of the most complex water projects in Halifax Water's history. The work involved the temporary shutdown of the Pockwock water transmission main and completion of connections to facilitate the replacement of 1.7km of the watermain over the next 5 months.

The key objectives for this phase of the project were to complete the required connections safely and efficiently within a 24 hour period, and avoid the use of the Chain Lake backup water supply which would require a boil water advisory. Through the co-ordinated efforts of Engineering, Operations, and Customer Service staff, the project was well planned and well executed.

In order to complete this complex task within the 24 hour timeframe, Halifax Water customers were asked to conserve as much water as possible. Customers right across the region stepped up and did their part to reduce water use and helped in a big way to avoid a boil water advisory. This was truly a community effort.

We understand the inconvenience it placed on customers over the weekend, and the discoloured water some customers experienced during the connection phase of the project.

Halifax Water would like to sincerely thank all customers who conserved water and did their part for their neighbourhood and their regional community.

For more information on the Pockwock Project visit www.halifaxwater.ca



Kearney Lake Road Connection



Bluewater Road Connection

RCMP did enough to handle abuse complaints: Review

Challenging claim.

Michael Ryan says claims by Nicole Doucet are untrue

A police watchdog says the RCMP did all it could for a woman who accused her husband of abuse and tried to have him killed, challenging a claim by the Supreme Court of Canada that the force ignored her pleas for help.

The Commission for Public Complaints Against the RCMP issued a lengthy review Wednesday into the way Nova Scotia detachments handled complaints by Nicole Doucet in 2007 and 2008.

Ian McPhail, the commission's interim chairman, said investigators focused on assertions that the RCMP didn't do enough to help the woman before she tried to hire a hitman to kill her ex-husband, Michael Ryan.

"The question is, did they take all reasonable steps, based on policy (and) on the information given to them? And our conclusion is that they did," McPhail said in an

interview.

"They were at all times sensitive and thorough in their investigation."

Doucet, a teacher from western Nova Scotia, was arrested in 2008 when she tried to hire an undercover Mountie to kill Ryan, a member of the Canadian Forces.

She said in court proceedings that in the years after their marriage in 1992, he had pushed her, squeezed her neck, put guns to her head and threatened to kill her and

Quoted

"This has cost me my reputation and my family has been affected by it very much and I really don't know if the public will ever know the truth."

Michael Ryan, Nicole Doucet's ex-husband

their young daughter.

Doucet was acquitted in 2010 of counselling to commit murder when the trial judge found she was under duress due to abuse, and was not re-

'Thoroughly reviewed'

Judge comfortable with findings

Nova Scotia Justice Minister Ross Landry said Wednesday that he was comfortable with the commission's findings

and suggested the matter was closed, despite a call by Ryan for an inquiry into how the courts handled the case.

"This has been thoroughly reviewed and we need to accept the information that we have before us," Landry said when asked if he would launch such a probe. CP

Nicole Doucet is pictured in Halifax on Jan. 17. An independent commission says the RCMP acted reasonably in dealing with the case of a Nova Scotia woman who tried to hire a hit man to kill her allegedly abusive husband, saying the force had no reasonable grounds to believe Doucet was a battered wife.

ANDREW VAUGHAN/THE CANADIAN PRESS

ceiving help from police.

That ruling was later upheld by Nova Scotia's Court of Appeal.

She alleged that she sought assistance from police nine times in dealing with a violent husband, but was told they

wouldn't intervene because they were deemed civil disputes.

The commission found the RCMP was not provided with enough information that would have given them "reasonable belief that there was

violence in the relationship or that Ms. Doucet was in danger."

McPhail added that Doucet provided no information to allow for a criminal investigation.

The review says Doucet did

not report any abuse to the agencies that came in contact with her, including Community Services, undercover police, a psychiatrist who assessed her and several RCMP officers.

THE CANADIAN PRESS

Man convicted in 2011 crash that killed two teenagers

A 32-year-old man has been convicted of two counts each of dangerous driving causing death and impaired driving by drugs causing death in a crash that killed two teenagers in Nova Scotia.

William Byron Fogarty was charged after a fatal crash on Highway 4 in Tracadie in November 2011.

Seventeen-year-old Nicholas Landry and 16-year-old Kory

Sentencing

William Fogarty is due back in court on Sept. 25 for sentencing.

Mattie died.

During Fogarty's trial, the Crown told the Nova Scotia Supreme Court in Antigonish his admission that he voluntarily

took drugs and the manner in which witnesses say he drove his vehicle was evidence his driving posed a public danger.

The defence argued that Fogarty was driving aggressively but not dangerously, and asked the judge to consider the possibility the car driven by the victims was travelling too fast, based on the 16-metre skid mark at the accident scene.

THE CANADIAN PRESS

P.E.I. beach voted best in Canada, 2 in N.S. make top-10

Canadian travel website vacay.ca has named Basin Head Provincial Park in P.E.I. the best beach in Canada.

The website gave Basin Head the No. 1 spot in its top 10 Canadian beaches list published recently.

The website recognized Basin Head for having the warmest water north of Florida and for its famous

singing sands.

It also made note of the park's on-site facilities, services and the nearby Basin Head Fisheries Museum.

Other beaches in the top 10 included Igonish Beach in Cape Breton at number four, New Brunswick's Parlee Beach (8th) and HRM's Martinique Beach (9th).

CHARLOTTETOWN GUARDIAN



Singing Sands Beach in Basin Head Provincial Park. COURTESY OF TOURISM PEI

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Long tradition. Death knell sounds for harness racing at Truro Raceway

A harness racing tradition that dates back 138 years in the Truro area is slated to come to an end this weekend.

The board of the Nova Scotia Provincial Exhibition (NSPE) Commission voted on Monday to shut down harness racing at Truro Raceway following Sunday's race card because of a crippling financial situation that has haunted the organization for years.

"The bombshell was yesterday," Steve Morton, president of the Truro Harness Horse Owners Association, said of the news. "Everyone's very concerned and you have to realize that there's 200 jobs here (approximately) and there are people's livelihoods here."

Horsemen have also received written confirmation that the water and power to the stables will be shut off by Aug. 15 and all horses must be vacated by that time.

NSPE general manager Roger McCallum said the harness racing activities are be-

Economic injection

Besides the jobs that stand to be lost, horsemen say the harness industry contributes millions of dollars annually into both the local and Maritime community when all the spinoff expenses are considered.

ing shut down solely because of the commission's financial situation. The commission has previously reported that it is about \$1 million in the red.

"Financially at the moment we have to just discontinue the races," McCallum said.

Without revenue to pay about 15 individuals employed by the NSPE in the grandstands and on the grounds, along with other expenses, the decision to shut things down could not be put off any longer, he said.

TRURO DAILY NEWS



Fans get up close to the Memorial Cup

Patrick Flewelling, left, along with his brothers Peter and Matt, stand behind the Memorial Cup at the Eastlink location on Spring Garden Road on Wednesday afternoon. The Memorial Cup, which the Mooseheads won in May, was on display at Eastlink for two hours on Wednesday. EVAN MCINTYRE/FOR METRO

'Sensory irritant'

Man charged after chemical spray attack

One man is facing assault charges after allegedly spraying a 52-year-old man in the face with "sensory irritant" in Halifax's west end, police say.

Police arrested the suspect, a 21-year-old man.

Police say the incident was not random, and the men knew each other. METRO

Western Nova Scotia

Names of crash victims released

Police have released the names of two men who were killed Sunday when their truck crashed into a log pile on a gravel road in western Nova Scotia.

RCMP say the driver was 38-year-old Craig Harvey Mood from East Kemptville.

The lone passenger in the truck was 36-year-old Lee Francis Saulnier of Wetaskiwin, Alta.

THE CANADIAN PRESS

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CEO called a 'murderer'

Lac-Mégantic disaster.
Railway chief receives nothing but venom after coming to town

Jeers and icy stares greeted the head of a railway company as he arrived Wednesday with a police escort to visit the small Quebec community shattered by disaster.

Lac-Mégantic resident Raymond Lafontaine, whose son and two daughters-in-law are among the 50 missing, couldn't conceal his anger.

"I wanted to see my children's murderer," Lafontaine said. "And I wanted to see the murderer of other people from here who didn't ask to die."

Lafontaine said he's been contacted by people offering to pay cash to use his equipment to have the train tracks ripped from the ground.

Ed Burkhardt's arrival in Lac-Mégantic was a hot topic among residents, but only a dozen or so gathered to watch the president of the Chicago-based Rail World Inc. as he was cornered by reporters.

One man blamed the modest turnout on Burkhardt, ac-

cusing him of slinking in the shadows to avoid facing a potentially angry crowd.

"When someone's guilty, they hide," said Bruno Huot.

What residents lacked in numbers, they made up in indignation, with some hurling insults at the man they held responsible for the loss of their homes and loved ones.

Burkhardt's comments at the news scrum, held in the middle of a street, were at times drowned out by hecklers.

Among them was Huot, who shouted a string of swear words and called Burkhardt a murderer.

One onlooker demanded that he visit the site that used to be Lac-Mégantic's downtown.

The railway boss explained that he'd stayed in Chicago to deal with the crisis from his office, where he was better able to communicate with insurers, the media and officials in different places during what he described as 20-hour work days.

His apparent contrition seemed to fall on deaf ears.

"It actually makes us more angry that he's here because I think he's shameless," said teenager Alyssia Bolduc.

THE CANADIAN PRESS

CEO's response



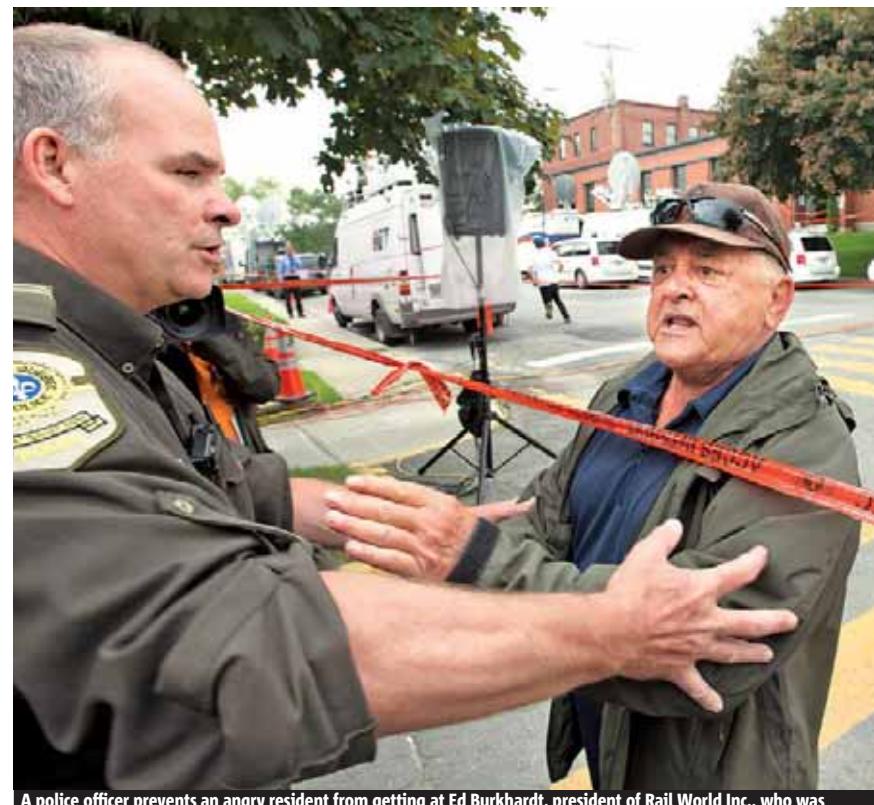
"I feel absolutely awful. I am devastated by what's happened."

Rail World Inc. president Ed Burkhardt

Ruin and responsibility

Police set the official death toll to 20 on Wednesday and said another 30 people are missing and most likely dead.

- Rail World Inc. president Ed Burkhardt appeared to change his tune and take responsibility for the disaster, saying the hand-brakes might not have been properly applied on the train.
- He promised an energetic response to the crisis, adding the company would partner with the Red Cross, insurers and governments to help fund aid and reconstruction.



A police officer prevents an angry resident from getting at Ed Burkhardt, president of Rail World Inc., who was speaking in Lac-Mégantic, Que., on Wednesday. RYAN REMIORS/THE CANADIAN PRESS

Lego no-go hits man like ton of tiny bricks

A 63-year-old Windsor, Ont., man and avid Lego fan drove hours to the Vaughan Mills Legoland, only to be told he wasn't allowed in because he didn't have a child.

For years now, John St-Onge has been a big Lego fan. His interest was piqued when he started buying them for his children, and it continued to grow even after they grew up and moved away.

Today, St-Onge has more than 50,000 Lego blocks from more than 72 different sets, all documented and stored away in his home.

"What they do is only limited to your imagination," explains St-Onge.

He decided to make a trip to Legoland with his 30-year-old daughter Nicole on Saturday morning. But after a three-hour drive, the excited pair was told by staff that they wouldn't be allowed to go in without a child present.

Instead, Legoland has a once-a-month "adults night,"



John St-Onge with his 2,300-piece "Robie House" Lego set.

CONTRIBUTED/NICOLE ST-ONGE

during which all ages can enter without a child.

But St-Onge was hopeful they'd make an exception, especially when he only wanted to see one thing.

"I said, 'All I want is to go out and take a picture of the skyline exhibit you have. You can escort me,'" he says.

They asked to speak to the manager, who they were told was too busy to meet them. St-Onge and Nicole drove home empty-handed.

"I didn't argue the point. I'm not going to make a scene," says St-Onge. "But it doesn't make you feel good. It makes you feel like you got a number on your back."

Nicole says the experience was "quite discouraging, quite upsetting, a little bit embarrassing. And my dad, he feels totally discriminated against."

Legoland has since been in contact with the pair. A representative apologized, but says they stand by their policies, which they explained were in place to protect the families that visit. They offered to plan a special day for St-Onge, but Nicole says the details were vague and they weren't sure what the friendly gesture would involve.

"We would love to go back, but it would be at their expense as a guest," she says. "I've already fronted the travel cost once, two free tickets just won't cut it."

PHOEBE HO/FOR METRO IN TORONTO

Bountiful, B.C.

Report filed on alleged sex abuse by polygamists

An RCMP report into possible sexual offences against children at a polygamous commune in southeastern B.C. has now been handed to a special prosecutor.

The Criminal Justice Branch says the Mounties expect to have more information in the coming months about the activities of individuals in Bountiful.

The branch says it will likely be several months before prosecutor Peter Wilson reviews all the documents and makes a final charge assessment about the offences, alleged to have occurred since the 1980s.

Wilson was appointed last year to review any evidence the RCMP collects and to consider charges that could include human trafficking, child exploitation and polygamy.

Two community leaders were charged with polygamy in 2009, but the charges were later thrown out. THE CANADIAN PRESS

Asiana crash. Experience of pilots under scrutiny

As Flight 214 descended over San Francisco Bay, both Asiana Airlines pilots were trying something new.

In the left seat of the cockpit sat Lee Gang-kuk, a pilot with 35 hours of experience flying a Boeing 777 who was landing the big jet for his first time at San Francisco International Airport. At his right was Lee Jeong-Min, a trainer making his first trip as an instructor pilot.

It was also the first time they had flown together, though they had years of experience.

Investigators trying to piece together what caused the crash are looking at their pairing and working relationship.

National Transportation Safety Board chairman Deborah Hersman said Wednesday the pilot trainee told investigators he was blinded by a light at about 500 feet, the point at which the airliner began to slow and drop precipitously. She said lasers have not been ruled out.

Evidence shows both pilots thought the airliner's speed was being controlled by an autothrottle set for 157 mph.

Inspectors found that the autothrottle had been "armed," Hersman said. But investigators are still determining whether it had been engaged.

THE ASSOCIATED PRESS



Flight 214 came to a tragic end when the airliner crash-landed on Saturday, killing two and injuring many. NATIONAL TRANSPORTATION SAFETY BOARD/THE ASSOCIATED PRESS

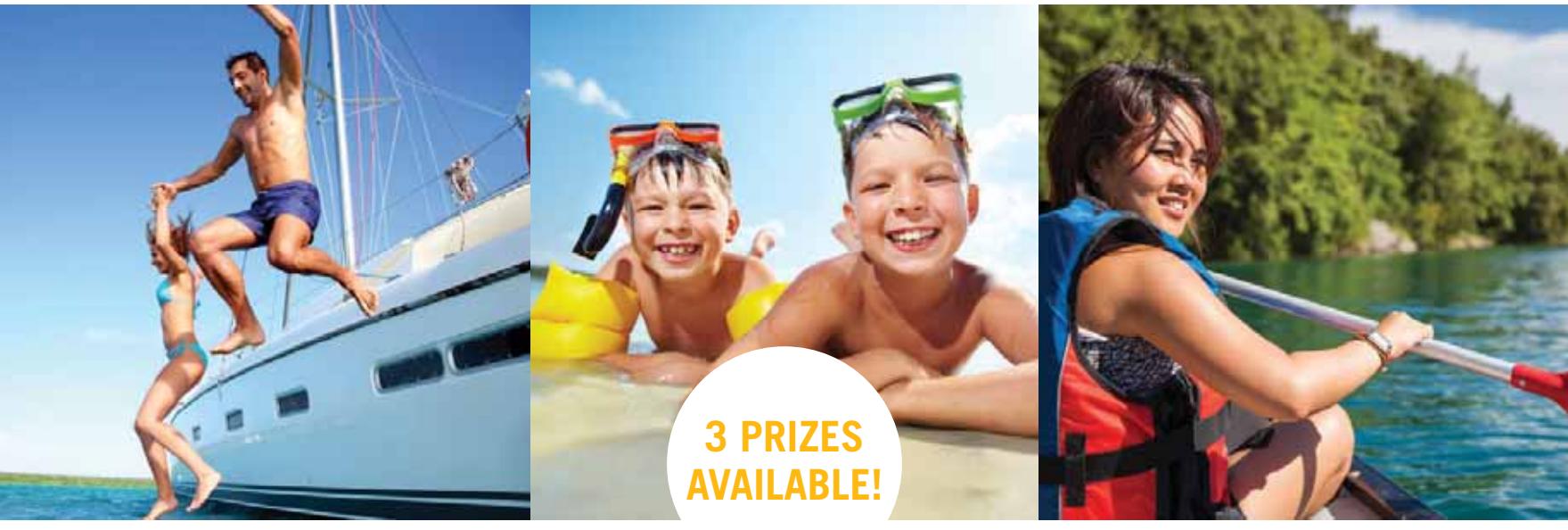
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Muslims worldwide pray for Mideast peace at Ramadan

Syria. Families caught in the crossfire struggle to eat as prices soar and violence persists

As the Muslim holy month of Ramadan began Wednesday, many Syrians who observe the daily dawn-to-dusk fast that is broken with lavish family meals are struggling to find the usually festive mood and holiday warmth as the country's bloody conflict rages for a third year.

In one rebel-held city, residents have resorted to begging for crumbs at a local soup kitchen, while in a refugee camp on the Jordanian border, Syrians hounded by the desert heat and dust break their fast separated from relatives back home.

Reflecting the deprivation brought on by the war, the UN food agency said that seven million people were now reliant on food aid simply to eat. The fighting that has destroyed much of the country, combined

Holy month

Ramadan is traditionally a time of reflection and prayer, and Muslims are expected to abstain during daylight hours from food, drink, smoking and sex to focus on spirituality, good deeds and charity.

- The fast presents a physical and spiritual challenge every year, but particularly during harsh Mideast summers when temperatures soar in some places to 50 C.

with prices that have soared in recent months, have left many Syrians struggling to get by.

"People come by the kitchen just begging for scraps, it tears the heart," said an activist in the rebel-held northern Syrian city of Maarat al-Numan.

He said activists were using a communal kitchen to distribute a Ramadan evening meal to some 400 of the city's neediest families. **THE ASSOCIATED PRESS**



Worshippers eat during Iftar, or breaking of the fast, at the Grand Mosque in the holy Muslim city of Mecca, Saudi Arabia, Wednesday. Many devout Muslims in the Middle East have started observing the dawn-to-dusk fast for the month of Ramadan as the region is rocked by Egypt's turmoil and the relentless civil war in Syria. For most Sunnis and Shiites, Ramadan started on Wednesday, while others are expected to begin observing on Thursday. **HADI MIZBAN/THE ASSOCIATED PRESS**

Primitive writing found on 5,000-year-old relics



Archaeologists say they have discovered a new form of primitive writing in markings on stoneware excavated from the relic site in eastern China dating 5,000 years back. **THE ASSOCIATED PRESS**

Archaeologists say they have discovered some of the world's oldest known primitive writing, dating back 5,000 years, in eastern China, and some of the markings etched on broken axes resemble a modern Chinese character.

The inscriptions on artifacts found south of Shanghai are about 1,400 years older than the oldest written Chinese language. Chinese scholars are divided over whether the markings are words or something simpler, but they say the finding will shed light

on the origins of Chinese language and culture.

The oldest writing in the world is believed to be from Mesopotamia, dating back slightly more than 5,000 years. Chinese characters are believed to have been developed independently.

Inscriptions were found on more than 200 pieces dug out from the Neolithic-era Liangzhu relic site. The pieces are among thousands of fragments of ceramic, stone, jade, wood, ivory and bone excavated from the site between 2003

and 2006, lead archaeologist Xu Ximin said.

The inscriptions have not been reviewed by experts outside the country, but a group of Chinese scholars on archaeology and ancient writing met last weekend in Zhejiang province to discuss the finding.

They agreed that the inscriptions are not enough to indicate a developed writing system, but Xu said they include evidence of words on two broken stone-axe pieces. **THE ASSOCIATED PRESS**

Ancient script

One of the pieces has six word-like shapes strung together like a sentence.

- The six characters are arranged in a line, and three of them resemble the modern Chinese character for human beings.
- One scholar said the markings should be considered hieroglyphics.

China

Several buried, dead after flooding

Flooding in western China, the worst in 50 years for some areas, triggered a landslide Wednesday that buried about 30 people, trapped hundreds in a highway tunnel and destroyed a high-profile memorial to a devastating 2008 earthquake.

Meanwhile, to the northeast, at least 12 workers were killed when a violent rainstorm caused the collapse of an unfinished coal mine workshop they were building, said a statement from the city government of Jinzhong, where the accident occurred. The accident Tuesday night came amid heavy rain and high winds across northern China, including Beijing. **THE ASSOCIATED PRESS**



Residents are evacuated in China's Sichuan province. **THE ASSOCIATED PRESS**

South Korea

K-pop star Rain dances out of army

South Korean pop sensation Rain is out of the military.

Under cloudy skies Wednesday, Rain fired off a crisp salute and thanked a large crowd of mostly media and women who'd gathered to commemorate his discharge after 21 months of manda-

tory service.

The fans held signs reading in Korean and English: "We waited for you" and "Rain's coming." One Japanese fan said she'd been waiting for more than a day to see the "entertainment soldier."

The 31-year-old served in an army unit that provides TV and radio programming that promotes the military. **THE ASSOCIATED PRESS**



Actor and singer Rain salutes to his fans. **THE ASSOCIATED PRESS**

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Royal hoax tragedy

Brits ask Aussies to see if DJs broke law

British police are asking Australian police to determine if any laws were broken when two Australian DJs impersonated Queen Elizabeth II and her son as they phoned a London hospital in December to ask about the condition of the Duchess of Cambridge. A nurse who spoke to

the DJs hung herself three days after the prank was broadcast globally.

U.K. prosecutors have declined to press charges.

Scotland Yard said Wednesday it is passing a file to the Australian Federal Police and New South Wales Police Station and requesting that consideration be given as to whether any offences were committed under their laws.

THE ASSOCIATED PRESS

Manitoba Tories' bill

Cyberbullies stand to lose electronics

The Manitoba Tories are introducing a bill in the legislature that would crack down on cyberbullies.

The private member's bill would strip bullies of their electronics and allow victims to get protection orders.

The bill would also put greater responsibility on

parents to act if they knew their kids were involved in cyberbullying.

Hearings are set to begin on the NDP government's own anti-bullying legislation — something the Tories have vigorously opposed.

The government's anti-bullying legislation would force schools to allow gay-straight alliances and would require bullying to be reported to a principal.

THE CANADIAN PRESS

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EVERYTHING MUST GO!



Bobby Tufts, the four-year-old mayor of Dorset, Minn., poses for a photo last month. Bobby was only three when he was elected last year as mayor of the small town (population 22 to 28, depending on whether the minister and his family are in town). JEFF BAENEN/THE ASSOCIATED PRESS

Boy, mayor's got the town in his pocket

Cool job. Four-year-old Bobby's major act as mayor so far has been to make ice cream the town's top food

Dorset, Minn.

Bobby's job as mayor is to greet people as they come to Dorset, located among the pines and lakes of northern Minnesota 240 kilometres northwest of Minneapolis.

• Resorts and tourism are the main industry, and restaurants line two blocks on either side of the highway that runs through the town.

Supporters of the mayor in the tiny tourist town of Dorset, Minn., can stuff the ballot box all they want as he seeks re-election. The mayor — a short guy — is known for his fondness of ice cream and fishing. And he's got the county's top law enforcement official in his pocket.

Mayor Robert "Bobby" Tufts is four years old and not even in school yet. He was only three when he was elected last year as mayor of Dorset (population 22 to 28, depending on whether the minister and his family are in town).

Dorset, which bills itself as the Restaurant Capital of the World, has no formal city government. Every year the town draws a name during its Taste of Dorset Festival, and the winner gets to be mayor. Anyone can vote as many

times as they like — for \$1 a vote. Bobby is running for a second term, and he gets to draw the winning name Aug. 4, so it's possible he could draw his own name.

Calls of "Mr. Mayor" greet Bobby as he strolls around Dorset, handing out his campaign card. One side shows Bobby, his dark hair slicked down, wearing his tan fishing vest over a suit jacket. The other side shows Bobby sitting in a porch swing with his girlfriend, Sophie.

THE ASSOCIATED PRESS

Accused Boston Marathon bomber pleads not guilty

Tsarnaev. Heavily guarded courtroom packed with victims, police, media and members of the public

His arm in a cast and his face swollen, a blasé-looking Dzhokhar Tsarnaev pleaded not guilty Wednesday in the Boston Marathon bombing in a seven-minute proceeding that marked his first public appearance since his capture in mid-April.

As victims of the bombing looked on, Tsarnaev, 19, gave

Quoted

"Just knowing him, it's hard for me to face the fact that he did it."

Hank Alvarez, a high school friend of Dzhokhar Tsarnaev



A U.S. Marshals Service van, believed to be carrying Boston Marathon bombing suspect Dzhokhar Tsarnaev, arrives at the federal courthouse for his arraignment Wednesday in Boston. JOSH REYNOLDS/THE ASSOCIATED PRESS

a lopsided smile to his sisters upon arriving in the courtroom. He appeared to have a jaw injury and there was swelling around his left eye and cheek.

Then, after he leaned over toward a microphone and said,

"Not guilty" over and over, he was led out of the courtroom, making a kissing motion with his lips toward his family as he left. His sister sobbed loudly, resting her head on a woman seated next to her.

He faces 30 federal charges,

including using a weapon of mass destruction to kill, and could get the death penalty if prosecutors choose to pursue it.

The April 15 attack killed three people and wounded more than 260.

THE ASSOCIATED PRESS

Florida. Trayvon Martin trial winds down

Closing arguments are set to begin Thursday in a U.S. murder trial that raised issues of race and self-defence gun laws over a deadly confrontation between a neighbourhood-watch volunteer and an unarmed black teenager.

George Zimmerman's defence attorneys rested their case Wednesday. Zimmerman has pleaded not guilty to second-degree murder, saying he shot Trayvon Martin in self-defence during a nighttime scuffle in February 2012 in his gated community, where Mar-

Jury deliberations

The judge said the case could be sent to jurors late Thursday or Friday.

tin was visiting family. Zimmerman did not testify.

The case drew national protests after some civil-rights activists argued that the 44-day delay in arresting Zimmerman was influenced by Martin's race. Martin was black and Zimmerman identifies himself as

Hispanic.

Jurors have seen repeated video recordings of Zimmerman telling his side of the story to police investigators.

One key question has been whether it was Martin or Zimmerman heard screaming for help on a police call that captured their fatal fight.

Defence attorneys called Zimmerman's friends, parents and uncle to testify that it was Zimmerman screaming. Martin's mother and brother had testified that it was Martin.

THE ASSOCIATED PRESS

2013	SUPREME COURT OF NOVA SCOTIA	Hfx. No. 415325
BETWEEN:	THE TORONTO-DOMINION BANK, a body corporate	Plaintiff
	and	
MCUAIG & COMPANY INCORPORATED, Trustee in bankruptcy of the Estate of Timothy James Ralph Bona	Defendants	
NOTICE OF PUBLIC AUCTION		
To be sold at Public Auction under an order for foreclosure, sale, and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:		
PROPERTY: ALL that certain parcel of land known as 32 Osborne Avenue, Dartmouth, Halifax County Nova Scotia, also known as PID 40430316 and more fully described in the mortgage recorded at the Halifax County Land Registration Office at document number 101101641. The parcel has been registered pursuant to the Land Registration Act.		
A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.		
Date of Sale: Friday, August 2, 2013		
Time of Sale: 12:30 p.m. in the afternoon, local time.		
Place of Sale: The Law Courts, 1815 Upper Street, Halifax, NS B3J 1S7		
Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.		
Signature: Signed on the day of July, 2013		
I. ANDREW RANKIN BURCHELLS 1800-1801 Hollis Street, Halifax, NS B3J 3N4 Telephone: 902-423-6361/Fax: 902-420-9326 1045588/lk		
Sheriff for Halifax County, Province of Nova Scotia		

Egypt. Muslim Brotherhood leader targeted for arrest

Morsi's status

Foreign Ministry spokesman Badr Abdel-Atti gave the first official word on Morsi in days, saying the ousted leader is in a safe place and being treated in a "very dignified manner." No charges have been levelled against him, Abdel-Atti said.

it will never work with the interim rulers. THE ASSOCIATED PRESS



Army soldiers, background, defend the Republican Guard building in Cairo on Wednesday. HASSAN AMMAR/THE ASSOCIATED PRESS

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Online espionage. Nations are hiring cybermercenaries, says U.K. intelligence report

A British intelligence report said Wednesday that other nations are hiring hackers to launch attacks against their enemies, a trend it described as particularly worrying.

The warning over cybermercenaries came in an annual report published by Britain's Intelligence and Security Committee, a watchdog body of senior lawmakers that oversees Britain's spy agencies.

Citing testimony from British eavesdropping agency GCHQ, the report described the mercenaries as "skilled cyber professionals undertaking attacks on diverse targets such as financial institutions and energy companies.

"These groups pose a threat in their own right, but it is the combination of their capability and the objectives of their state backers which makes them of particular concern," it said.

The lawmakers didn't name any specific countries or say how widespread the practice

Notable omission

- Not covered in the report were allegations published by The Guardian newspaper that GCHQ and its U.S. counterpart, the National Security Agency, were engaged in a global surveillance campaign aimed at securing access to as much of the world's communications as technically possible.

was. The report didn't go into much further detail, but there's long been concern over the proliferation of private companies that profit from developing and distributing offensive software.

The report quoted GCHQ as saying that the electronic threat facing Britain is "at its highest level ever and is expected to rise further still."

THE ASSOCIATED PRESS

Tech history

Apple 1 fetches \$388K at auction

An original Apple computer from 1976 has sold at auction for nearly \$388,000 US. Known as the Apple 1, it was one of the first Apple computers ever built.

It sold Monday for \$387,750 at a Christie's online-only auction. Bolaffi, THE ASSOCIATED PRESS

an Italian collections company, says that it bought the computer. The seller was a retired school psychologist from Sacramento, Calif.

Vintage Apple products have become a hot item since Steve Jobs' death in October 2011. Jobs joined forces with Steve Wozniak to build computer prototypes in a California garage, and Wozniak built the Apple 1. THE ASSOCIATED PRESS

A gluten-free snack, on the double-double

According to Tim Hortons, this new coconut macaroon is the first item in a Canadian fast-food restaurant to get a stamp of approval from the Canadian Celiac Association's gluten-free certification program. The macaroon is a \$1.29 meringue-style cookie made with coconut and drizzled with milk chocolate, and is intended for customers with celiac disease and gluten intolerance. TIM HORTONS

Red tape is leading obstacle for business in Canada, according to survey of execs

A survey of leading Canadian executives puts government inefficiency far ahead of high taxes as the top impediment to doing business in this country.

The survey, conducted for the 2012 World Economic Forum, showed that Canadian executives no longer regarded high taxes as a major problem,

as they had several years earlier.

The Conference Board, which issued the report, says that finding shows Canadian executives are aware that recent cuts to tax rates by both federal and provincial governments have increased Canada's competitive advantage.

By contrast, executives in

seven of 11 other countries participating in the survey continued to list high taxes as the biggest problem they face.

Other impediments cited by the Canadian executives include insufficient capacity to innovate, access to financing and an inadequately trained workforce. THE CANADIAN PRESS

First iPad version

Google revamps Maps app



The new version of Google's Maps app has been streamlined to declutter the screen. GOOGLE

Google is unveiling a new version of its Maps app, available now for Android devices and "coming soon" to iPhones and iPads. It'll be the first time iPad users get a dedicated Google Maps app. The design has been significantly streamlined to declutter the screen and get rid of a series of menus that confused some users.

THE ASSOCIATED PRESS

Market Minute

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EAT YOUR PHOBIA FOR BREAKFAST

Phobias are nothing to fear. Almost everyone has an irrational fear of something, be it snakes or planes or snakes on planes or being trapped in a movie theatre with Samuel L. Jackson or being unable to make pop cultural references fresher than 2006. But I want to assure you that phobias are nothing to be ashamed of.

Why? Because I too have a phobia — lightning. Most phobias — which is Greek for “fears you have that your friends find hilarious” — are well-known, but fortunately so are the best approaches to dealing with them.

Here we pair some of the most common phobias with a few of the more effective treatments:

Spiders. There's an excellent way to feel better about a spider's legs skittering over your exposed neck at night, or its hungry mouth chewing at your bare skin: Remember that according to the Internet the average person eats an average of eight spiders a year as they sleep. So they might be eating you, but you're getting the last laugh — possibly



HE SAYS
John Mazerolle
metronews.ca

with a spider leg or two flying from your lips as you chortle. And note that the Internet says an “average” person eats eight spiders a year. A really exceptional person, such as astronaut and professional Better-Than-You Chris Hadfield, eats as many as 10 spiders in a single week!

(I would have once scoffed at the idea there was any way to count how many spiders a person eats at night, but now that I know what the NSA has been up to, it all makes sense. Thanks Edward Snowden!)

Snakes. There are almost no dangerous snakes in Canada, and the few that are, are extremely passive animals, so this phobia is what scientists call “stupid.” Therefore every time you feel a twinge of fear coming on, have a friend or relative say, “Don't be stupid! It's just a snake, stupid. God, you're so stupid” until the fear passes. (Note: This approach sometimes requires secondary therapy.)

Heights. Some therapists recommend climbing a ‘fear ladder,’

where you expose yourself to your fear in small manageable steps. With heights, you can combine the figurative and literal by jumping from a ladder every day, each day one rung higher. By Day 15 or so the problem kind of takes care of itself.

Lightning. Commonly referred to by scientists as the ‘sexy phobia,’ many of history's greatest heroes were terrified by lightning. Benjamin Franklin. Neil Armstrong. Thor. Yes, they had stoic exteriors, but a loud thunderclap made them cry like schoolgirls.

So if you should find yourself at home during a lightning storm, trying not to hyperventilate while you distract yourself with a battle-filled Game of Thrones episode cranked to full volume (to pick an entirely random example) then that's OK. Accept it as part of the wonderful, handsome writer you are. Er, person you are.

And that's how you deal with phobias. Of course the best way to approach any fear is to recognize that, even if you're not feeling great, you're in no real danger. Remember to smile, recite some positive statements, and take long, deep breaths. If you do that at night, you'll also swallow some spiders.

ZOOM

Snake in a charity store



QUEENSLAND POLICE/THE ASSOCIATED PRESS

Python breaks in to Australian store

Australian police were mystified by a chaotic crime scene including a hole in the ceiling and a smelly pool of vomit-like liquid — until they found the culprit was a 5.7-metre python.

The massive snake, weighing in at 17 kilograms (37 pounds), was captured a day after a suspected burglary was reported at a charity

store in Queensland in northeastern Australia.

“Its head was the size of a small dog,” police Sgt. Don Auld said Wednesday. Before they found the python, investigators’ working theory was that a human burglar with an appetite for destruction — and a serious illness — had gone on a rampage inside the St. Vincent de Paul store in the small town of Ingham.

THE ASSOCIATED PRESS

The suspect

“We thought a person had fallen through the ceiling because the roof panel was cut in half. When they've hit the floor, they've vomited and then staggered and fallen over. That's what we thought anyway.”

Police Sgt. Don Auld

The break-in

- Police now suspect the python entered the store through the roof, which was damaged in a cyclone two years ago.
- The animal then plummeted through the ceiling, knocking over dishes, clothes and other items, before relieving itself on the floor.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

Clickbait **HANNAH ZITNER** hannah.zitner@metronews.ca

Despite being mostly a place where 20-somethings turn to post pictures of their hangover brunches, road trips and beach vacations, there's more to Instagram than that. There are also musicians posting pictures of brunches, road trips and vacations... and of themselves. Introducing, the musicians of Instagram:



North American tour in three years.
pearljamofficial

Frank Ocean:
 This man has mastered the art of the selfie in the most beautiful, non look-at-me-I'm-awesome way.
Frankocean

Twitter



RE: The Story Behind That Abandoned, Flooded Ferrari On Lower Simcoe Street, published July 10

There is no story behind this story. A man left his car behind during a flash flood, as did many others. poor-whiteman posted to metronews.ca

It's not meant to be a hard-hitting news story. The fact that a \$192,000 car was abandoned during the flood, clearly, amused some people. It's horrible that so many people have damaged cars and property. But are you telling me that an abandoned Ferrari wouldn't pique your interest more than, say, a Dodge Caravan? bicyclingbookwrm posted to metronews.ca

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One of the pieces in Dennis Reid's collection. HANDOUT

SCENE 2

Being 'bombardeed by beauty'

On display.

Newfoundland artist slated for a month of creative insight and commentary at Argyle Fine Art



BACKSTAGE PASS

Jenna Conter
halifax@metronews.ca

Whether you fancy yourself the next Picasso, or are just a five-year-old child anxiously waiting for a

gold star after a rainy-day at school spent drawing a pony, there's always a reason or motivation behind the act of creating.

And, while I can't really go back in time and ask Botticelli, "Dude, what's with all the fat chicks?" I can pop into Argyle Fine Art and talk to current-day Canadian artists about their work all this month.

This chance to chat and mingle with artist old and new is a unique opportunity to tap into the minds that bring life to blank canvases.

One of the artists taking part is landscape painter Dennis Reid, who will be at the downtown gallery

Julyness

It's on display now

- **WHAT.** Julyness, featuring Dennis Reid
- **WHERE.** Argyle Fine Art
- **WHEN.** Through Saturday

through Saturday as part of the Julyness program.

"I like to talk to people about art," said Reid, who will tell the stories behind his paintings.

A representational artist from Newfoundland,

he fondly remembers the times spent in the woods "bombardeed by beauty" that helped to inspire his works.

"I was always around landscapes — always in the middle of it — standing on a mountain somewhere, standing in a river somewhere," he says.

"What I originally did with landscapes is really focus on organic shapes without any buildings or man-made distractions. I wasn't interested in that."

While other little boys may have dreamed about becoming an astronaut or cowboy, Reid knew he'd be an artist.

He couldn't help but translate his strong connection to nature and the environment to his canvas in his own unique artistic style.

"I don't try to describe my style. If someone asks me what I do, at the moment I would say representational art in the form of large-scale landscapes — that's what I would tell them," he says.

"A work should stand its own but it's always interesting to hear the back story and I like telling it and each work at this show has a reason for me painting it. It's interesting to tell people why I did a piece."



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A breakup, some booze, 2 crappy jobs and \$5,000

SOCAN song-writing prize.

Dark time had amazing silver lining for Mo Kenney, as she beat out music elite

When Halifax's Mo Kenney penned her forlorn acoustic lament *Sucker*, she was in a bad place.

Merely 19 years old at the time, she was living on her own in Halifax for the first time and working two "crappy" jobs, one at a dollar store and the other whipping together pizzas at Sobeys. Oh, and she was freshly dumped.

"So I was sitting there feeling kind of (bad) about myself and music wasn't really going anywhere either. I was working toward something but I wasn't sure what to do," she recalled in a telephone interview this week. "So I got a little bit drunk in my room and started writing."

The resultant tune helped Kenney find that direction she was searching for — and on Wednesday heralded

some more good fortune.

Kenney and her tune have won the \$5,000 English-language SOCAN Songwriting Prize, awarded by the Society of Composers, Authors and Music Publishers of Canada. Quebec's Keith Kouna won the French award for Batican.

By winning, Kenney bested a field that included Montreal's icy electro-pop outfit Purity Ring, stylistically diverse Toronto singer/songwriter Maylee Todd, rootsy Hamilton duo Whitehorse and banjo-brandishing Toronto native Tamara Lindeman, who performs as the Weather Station.

"I was in really good company, obviously, and I wasn't really expecting to win," Kenney said. "I was really, really pleasantly surprised." Kenney, 23, released her self-titled debut last September, produced by East Coast songwriting stalwart Joel Plaskett.

She says he'll produce her next effort as well, a record still in the embryonic stages that she hopes to begin recording in the late fall. **THE CANADIAN PRESS**



Mo Kenney wrote *Sucker* during a dark time in her life. **THE CANADIAN PRESS**

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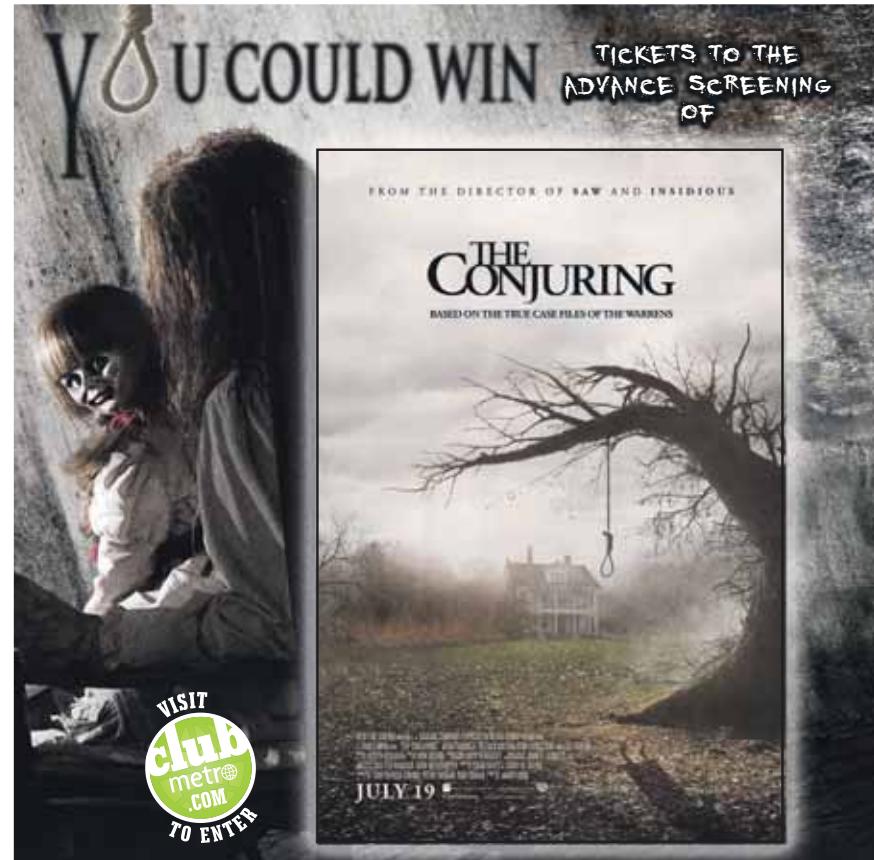
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The wonderful world of Doctor Oz

Think you're busy?

Get a load of how the TV host (and still practicing surgeon!) spends his days

MEREDITH ENGEL
Metro World News in New York City

In addition to hosting his Emmy-winning talk show, overseeing a non-profit and readying to launch a magazine, Dr. Mehmet Oz still has time to be a practicing cardiothoracic surgeon. He's also a family man, with a wife and four children. How does he juggle it all? We went straight to the source for answers.

5:45 a.m.: Rise and shine
Dr. Oz knows that the early bird gets the worm: "I get up at about quarter to six," he tells us. Upon waking, Dr. Oz does a short, 10-minute workout "which is mainly yoga, with some calisthenics," he says. "I change those calisthenics a bit, but they're essentially core work, so sit-ups, push-ups, etc."

7 a.m.: Get to work
After a morning shower, Dr. Oz commutes by car from his home in New Jersey to his TV studio in the city. "I'm here by like five to seven because at seven o'clock every morning, we start our meetings," he says. Dr. Oz tapes two shows a day and preps for both at the morning meeting. "We troubleshoot (and make any) last changes," he says. For breakfast, it's Greek yogurt, berries and a green juice — a mix of produce like cucumbers, celery, apples, oranges, lemons and limes — which he makes the night before.



What's up doc? The man himself in studio during one of his shows. HANDOUT

8:30 a.m.: Rehearsal

"At 8:30 I go out to rehearse for an hour, and then I run back to the hardest part of my day, which is hair and makeup. Guys can't stand that stuff — you have to sit still and not do anything for 15, 20 minutes."

10 a.m.: Showtime

12 p.m.: Lunch

Dr. Oz's genial spirit comes through when he tells us about the cauliflower his wife, Lisa, made him for lunch: "Here, eat that. It's good," he says, offering us a bite.

12:30 p.m.: Meetings

Dr. Oz's life may sound glamorous, but he still has meetings like the rest of us.

1:30 p.m.: Rehearsal for the second show

3 p.m.: Second show

5 p.m.: Final touches, preps for upcoming shows

After both of the day's episodes are taped, Dr. Oz runs upstairs to his studio to record voice-overs and promos for the local markets. "(What) people don't realize about television is it's a very local business," he says. "It's a national show, but you have to help the local people win their markets. So, you've got to give them stuff to help them tell the story." He also meets with his producers about the coming week's shows.

7 p.m.: Dinner

Dr. Oz heads home and settles into dinner with his kids — however many are home that night — and Lisa, a vegetarian, whom he calls "a great chef." What's on the menu at Chez Oz? "She makes a great pasta (with) different kinds of pesto sauces, arrabbiata sauces — she's really good at making that stuff come alive. She will

cook tofu-based dishes quite a bit. She's great at squashes. She takes vegetables and she makes them taste out of this world. We'll have a big salad with different kinds of exotic dressings that she'll mix up. It doesn't take her hours and hours to make it."

8 p.m.: Unwind; prep for the next day's shows

"I rarely go out on weekdays, because I like to be rested for the next day," he says. "If I'm busy doing something else till 10 o'clock at night, I don't find that I'm as rested the following morning." Instead, like a student studying for exams, the doctor readies himself for his next day's shows.

"When I get home at night, I have all the scripts, so I'll go

through those, and I'll study my medical notes," Dr. Oz tells us. He copes to a "terrible memory," but still manages to prepare himself by focusing on what he wants his viewer to take away from each show. "I try not to memorize (the material)," he says. "I try to understand it."

10:15 p.m.: Lights out

"I'm always in bed by 10:15 at the latest," says Dr. Oz, who gets about seven-and-a-half hours of shut-eye each night. "I fight for that. It's the most important thing I do. I won't take a phone call at 10:15 because anyone who's calling at 10 o'clock is gonna rile you up. ... The number one biggest mistake we make in America is not sleeping, by far."



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Here comes the Suno

What a pretty pair.

The CFDA winners fill us in on their plans for future success, their personal style and a summer in the city

TINA CHADHA
Metro World News

Erin Beatty and Max Osterweis, the friendly duo behind Suno, a brand that has charmed Anna Wintour and a slew of New York editors and bloggers, recently won the coveted 2013 CFDA Swarovski Award for emerging talent in womenswear. Maybe now they'll allow themselves to take a summer Friday or two off. We chat with the designers about their big win and summer plans.

Congrats on the recent win. How did you celebrate?

Erin: Max and I met up with his girlfriend Kate and my boyfriend Lex and we actually spent the night with the Creatures of the Wind going to the after parties.

Who was the first person you called when you won?

Erin: I didn't even have my phone at the awards ceremony.



Solange Knowles (above) and Hailee Steinfeld (bottom left) in Suno. GETTY IMAGES

in Germantown, N.Y. so I'm actually in the country.

What's an ideal summer day?

Erin: It's sitting down outside and reading.

Max: Spending time on my boat, fishing.

What are you reading this summer?

Erin: I just finished Freedom by Jonathan Franzen and now I'm reading Lit by Mary Karr.

Max: I just finished a 10-novel series: The Story of a Crime. It's the Martin Beck series — Swedish, socialists, detective novels from the '70s.

What summer looks are you loving right now?

Erin: I'm wearing embroidery all the time right now, cotton embroidery.

Max: My mom was just with me this past weekend, out in the country, and she insisted that we do a caftan for her.

Best way to beat the heat?

Max: Get in the water, whether it's a fire hydrant, or the ocean or the pool.

Erin: I actually rented a place

Max: I emailed Erin's dad who shared the news with her family, and I emailed my parents and then social media took care of the rest.

Erin: It was totally unexpected. We were very thrilled to win and are very excited to try to live up to it.

What do you hope the award will do for the brand?

Erin: Hopefully, more than anything, it helps to increase brand recognition and encourage the stores that we're already in to place larger orders,

and encourage the stores that we're not in to buy us. We definitely want to get back into Barney's.

How are you hoping to grow the company?

Erin: We know that we're going to want to dip into accessories sooner rather than later, it's just a matter of timing. Definitely cool bags and shoes. I mean we've always been interested in head-to-toe dressing.

Max: The number one question that we always get asked

is when are we going to do men's? And we have no answer for that number one question.

What are your plans for the summer?

Max: Both of us are focusing on taking weekends off as much as we can. The first few years of Suno, none of us really took that much time off, including on the weekends, so I started taking my weekends pretty seriously last summer, and I think Erin's doing the same this year.

Erin: I actually rented a place

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Potato curry in a hurry

"Aloo gobi, the Indian curry made with potatoes, cauliflower and spices, is a firm favourite in our household," writes Miriam Sorrell in her book *Mouthwatering Vegan*. "So I decided to create some fast burgers based loosely on that wonderful dish. If you like potato curry, you are going to love these. Serve with a simple salad of greens and cherry tomatoes on the side ... And slap on the ketchup!"

1. Place the peas and corn in a saucepan and cover with boiling water. Cook for a couple of minutes, then drain and set aside.

2. Meanwhile, in a medium bowl mash the microwaved potatoes. Add the margarine, milk, curry powder and salt. Bear in mind that the mash needs to be a fairly firm consistency.

3. In a food processor, process together the carrot, onion, garlic, mushrooms and herbs.

Ingredients

- 3 tbsp (45 ml) frozen peas
- 2 tbsp (30 ml) frozen corn
- 4 medium potatoes micro waved until soft, then peeled
- 1 tbsp (15 ml) vegan margarine
- about 1/4 cup (60 ml) non-dairy milk
- 1 1/2 tsp (7.5 ml) curry powder
- salt to taste
- 1 medium carrot, grated
- 1/2 onion
- 2 cloves garlic
- 4 mushrooms
- sprig of fresh mint
- sprig of fresh rosemary
- 2 tsp (10 ml) nutritional yeast
- 1 1/2 tbsp (22.5 ml) unbleached all-purpose flour
- olive oil

Yummy Curried Potato Burgers



This recipe makes about eight burgers. MIRIAM SORRELL

4. Add the ingredients from the food processor to the mashed potato mixture, together with the cooked peas and corn, nutritional yeast and flour. Stir well with a fork, taste and adjust seasoning if necessary.

5. Heat a drizzle of olive oil in a nonstick frying pan set over medium heat. Spoon in dollops of the potato mixture, peating with any remaining mixture, to make 8 burgers.

6. Serve on buns with your favourite burger fixings, or on their own with vegetables and salad. Reheat any left-overs in a hot oven—they may become mushy in the

microwave.

RECIPE ON THIS PAGE EXCERPTED FROM MOUTHWATERING VEGAN BY MIRIAM SORRELL. COPYRIGHT © 2013 MIRIAM SORRELL. EXCERPTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE CANADA, INC. ALL RIGHTS RESERVED.

Cookbook of the Week

Varied vegan eats



mouthwatering VEGAN
BY MIRIAM SORRELL

Going meat-, egg- and dairy-free isn't an easy feat but Miriam Sorrell's *Mouthwatering Vegan* makes it that much simpler—and delicious. With more than 150 recipes, Sorrell showcases how accessible, varied, nutritious and tasty vegan eating can be. The book covers everything from appetizers, soups and smoothies to main courses and desserts. Among the recipes are Shepherd's Pie, Red Bean Nut Burgers, Chili Con 'Carne' and more. **METRO**

A wine crate one day, and a coffee table the next

One man's treasure.

7 ways you can turn alcohol holders into something useful

household use.

1 Create a contemporary bookcase by painting each crate a different colour and stacking one on top of another.

Break up solid colours by using a stencil to create unique and fun patterns.

2 Enhance your outdoor patio with makeshift rustic seating options. It's as simple as just flipping over each crate so the flat surface is on top. Chair pads can pro-

vide an option for more cushioned seating and come in a variety of shapes and colours.

3 Add a touch of spring to your kitchen or patio by creating a planter box for your favourite foliage.

Start by drilling a few holes into the bottom of the crate to allow for drainage, and then spray the crate with a waterproof seal.

Once the crate is dry, just flip it over, fill with potting soil and start planting. Wine crates are the ideal size for potted plants.

4 Add a textured, lofty accent to your bar or kitchen walls by using wine crates as wall tiles. Take each crate apart until you're left with flat boards, and then cover an entire wall with the tiles.

5 Wine crates don't just have to be used to store wine bottles. Throw your household knickknacks into old crates, then stack and store away. Attaching wheels to each crate creates rolling storage for easy access and transportation.

6 Running in and out of the house during summer parties in the backyard can track dirt inside.

Use a leftover wine crate as a shoe storage rack for your back patio to prevent



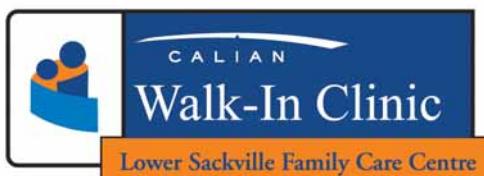
Salvage Dawgs chronicles the adventures of Mike Whiteside, left, and Robert Kulp. HANDOUT

unwanted messes inside the house.

7 Creating a coffee table out of a wine crate can be a cost-friendly way to add a rustic feel to your living room. First stain or paint three or four crates and let

them dry. Then arrange the crates and create a frame using L brackets. Nail the crates to the frame, and enjoy your new DIY coffee table.

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'I had a blast': Black wins silver, bronze in Russia

Gymnastics. 2012 Olympian says stay at world university games meant more to her than medals

 **ANDREW RANKIN**
andrew.rankin@metronews.ca

Her silver- and bronze-medal performances on Wednesday against the world's best wasn't what made Ellie Black most proud.

Instead, it was a fourth-place finish at the world university summer games in Kazan, Russia, that had the Halifax gymnast beaming.

For the first time in competition, the 2012 Olympian tried an especially difficult vault routine, which, among other mind-bending feats of athleticism, required her to execute two full 360-degree body twists in a second or so and then land squarely on her feet.

She nailed it but ended up just shy of the podium. However, that did little to temper Black's joy on the third and final day of competition.

"When I landed my vault, I just had a huge smile on my face. I wasn't thinking about my result. I knew I did it," Black said. "I was so happy,



Halifax gymnast Ellie Black stands on the podium with her balance-beam bronze medal on Wednesday at the world university summer games in Kazan, Russia.

everyone was telling me how great I did. I was so proud.

"It took a little more than I'm used to mentally and physically, and it's hard when

it's the third day of competition. My body was a little tired, so I had to go a little harder, but everything went so well."

The reigning senior national all-around champion placed fourth on Tuesday in the women's all-around final.

A day later, everything came together for the 17-year-old, who approached the final events full of confidence.

Black placed third on the balance beam after her vault performance, and then silver in the floor exercise. She's the first Canadian woman to medal in artistic gymnastics at the annual event since 1983.

"I approached the day just like normal, to go out there and approach the routine the way I wanted to. I wasn't thinking about the outcome at all, I was focused on per-

forming my best. I'm so proud to come back home with two medals for Canada and I had a blast while doing it."

Now Black, who will start her first year at Dalhousie University in September, has her sights on the world gymnastic championships in Antwerp, Belgium, from Sept. 30 to Oct. 6.

"That's my next big challenge."

Bluenoses behind her

"It's hard coming from a small province, but I'm just really thankful for the support I've been given."

Ellie Black

Rainmen owner calls for corporate money

After pouring his heart and soul into the Halifax Rainmen over the past six years, Andre Levingston says he needs more help.

As the franchise owner prepares for another season — particularly the demands of piecing together a competitive National Basketball League of Canada club — he's looking for increased corporate support in the city.

"I've shown my commitment to the city of Halifax," Levingston said. "I'd like to

see more pride. I'd like to see more people involved who are proud of our product."

Levingston says he's not content to engineer a team to merely compete. He wants to win. But winning costs money and finding passionate investors with a long-term vision for a Halifax-based professional hoops franchise has proven a challenge.

"This is a huge financial undertaking. We're going on seven years. Naturally we want to continue raising the

Monetary challenge



"For us to execute the way we want to, to have the best team in the league and the best entertainment in the stands, that costs money."

bar. We want to deliver year after year."

In the meantime, the task of putting together another Rainmen roster starts now. Over the next week Leving-

ton says he'll decide whether to re-sign coach Rob Spon. In the midst of a heavy recruiting schedule, Levingston has the NBL draft on Aug. 19 to prepare for.

He knows he has a lot of work to do in re-jigging a team that missed the playoffs last season. Improved shooting and defence are a few of Levingston's priorities.

He'll be looking to re-sign a few old faces in Quinell Brown, Joey Haywood and Akeem Wright.

Levingston will be counting on a little help with it all.

"We want to do things better every year and that takes commitment and investment." **ANDREW RANKIN/METRO**

4
SPORTS

Kawasaki's clutch ninth-inning hit pushes Jays to win

MLB. Infielder finds ideal time to end his 0-for-18 hitting slump

Munenori Kawasaki hit a two-run single with the bases loaded to end the eighth after the Indians tied the game. Casey Janssen allowed two runs in the ninth before Steve Delabar retired Michael Brantley on a fly ball for his first major-league save.

Indians starter Justin Masterson took a two-hit shutout into the seventh but Bonifacio's two-run single put the Blue Jays ahead.

Colby Rasmus drew a one-out walk off Rich Hill (0-1). After Maicer Izturis flied out, J.P. Arencibia was announced to bat for Josh Thole. Joe Smith relieved Hill but Ar-



Munenori Kawasaki rounds first base after hitting a two-run single Wednesday. THE ASSOCIATED PRESS

encibia singled and Emilio Bonifacio walked to load the bases. Kawasaki fell behind in the count but came up with the clutch hit Toronto's struggling offence has needed.

Neil Wagner (2-3) struck out Ryan Raburn with the bases loaded to end the eighth after the Indians tied the game. Casey Janssen allowed two runs in the ninth before Steve Delabar retired Michael Brantley on a fly ball for his first major-league save.

Indians starter Justin Masterson took a two-hit shutout into the seventh but Bonifacio's two-run single put the Blue Jays ahead.

The Indians tied the game in the eighth off all-star reliever Brett Cecil on Brantley's RBI single.

Following Nick Swisher's walk, Brantley's hard-hit ground ball shot past shortstop Jose Reyes and into centre field, tying the game.

Toronto starter Esmeraldo Rogers allowed one run in six innings. THE ASSOCIATED PRESS

MLB

Public could be left in dark in Biogenesis scandal

We may never know exactly what Alex Rodriguez and Ryan Braun are being accused of in MLB's Biogenesis investigation — if they beat the rap.

That's because details likely will be caught in a tangle of legal gymnastics involving MLB, the players' union and probably an arbitrator, who could rule no discipline is warranted.

Among the early legal issues: Does the commissioner's office have the right to announce any suspensions before grievances are decided by an arbitrator? Can a player not previously disciplined under the drug agreement be suspended for more than 50 games because of multiple violations?

Three people familiar with the investigation said if management and the union can't agree on the process, arbitrator Fredric Horowitz likely would be asked to decide. The people spoke on condition of anonymity because no public statements were authorized.

THE ASSOCIATED PRESS

NBA. Raptors GM Ujiri: 'We're going to be tough'

Masai Ujiri wants to remake the image of the Toronto Raptors, and with the expected addition of physical power forward Tyler Hansbrough, it's easy to see what he has in mind.

It's all about toughness. "I'm tired of all this, people come here and everybody calls the team soft or call the team pushovers or all the stupid names," Ujiri said Wednesday. "You come to Canada and you come to play. That's the identity we're trying to build here."

The general manager's declaration came the same day the deal became official that sent centre Andrea Bargnani — known for his lackadaisical play — to the New York Knicks for shooter Steve Novak, Quentin Richardson, 39-year-old centre Marcus Camby and draft picks.

The hard-nosed Hansbrough is known for his all-out effort, and toughness around the rim. While Ujiri said the Raptors and Hansbrough had come to an agreement, he wouldn't confirm the deal was completely signed and sealed.

"We're hoping, it's one of those things in the NBA is you've agreed and you hope,"



New Raptor Steve Novak was introduced to the media in Toronto on Wednesday. TORSTAR NEWS SERVICE

Ujiri said. "There's no holdup, nothing at all, we've agreed. It's business, until you sign I don't want to talk about it, because you never know."

Hansbrough became an unrestricted free agent when the Indiana Pacers opted not to re-sign the 27-year-old after four seasons with the club.

The hard-nosed University of North Carolina product was drafted by the Pacers 13th overall in 2009, and averaged seven points and 4.6 rebounds last season.

THE CANADIAN PRESS



Froome distancing himself from the pack

Chris Froome of Great Britain and Team Sky ProCycling rides during the 11th stage of the Tour de France on Wednesday in Avranches, France. German rider Tony Martin won the stage while overall leader Froome was next to finish just 12 seconds back. Alejandro Valverde ranks second 3:25 behind Froome. BRYN LENNON/GETTY IMAGES

Tour de France

Fan doused me with urine: Cyclist

Mark Cavendish believes a roadside spectator sprayed him with urine during the Tour de France time trial on Wednesday, his team manager said.

Patrick Lefevere of

Omega Pharma-Quick Step said the incident may have been linked to anger among some fans who claimed — unfairly in his view — that Cavendish intentionally bumped into Dutch rider Tom Veelers and caused him to crash in the final sprint a day earlier.

The team didn't know exactly where it happened

on the 33-kilometre course to Mont-Saint-Michel on the Brittany coast.

At least one cycling aficionado suggested it was all part of the sport.

Lance Armstrong tweeted: "Why all the sudden shock and outrage, this has been happening for 100 years in some form or another." THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	55	37	.598	—
Tampa Bay	52	40	.565	3
Baltimore	50	42	.543	5
New York	49	42	.538	5 1/2
Toronto	44	46	.489	10

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	50	40	.556	—
Cleveland	47	44	.516	3 1/2
Kansas City	43	45	.489	6
Minnesota	37	51	.420	12
Chicago	35	53	.398	14

WEST DIVISION

	W	L	Pct	GB
Oakland	54	37	.593	—
Texas	53	38	.562	1
Los Angeles	44	46	.489	9 1/2
Seattle	40	50	.444	13 1/2
Houston	32	59	.352	22

Wednesday's results

Toronto 5 Cleveland 4

Baltimore 6 Texas 1

Tampa Bay 4 Minnesota 3 (13 inn.)

N.Y. Yankees 8 Kansas City 1

Detroit 8 Chicago White Sox 5

Boston at Seattle

Tuesday's results

Cleveland 3 Toronto 0

Chicago White Sox 11 Detroit 4

Kansas City 3 N.Y. Yankees 1

Texas 8 Baltimore 4

Tampa Bay 4 Minnesota 1

Boston 11 Seattle 8

Thursday's games

All times Eastern

Toronto (Dickey 8-9) at Cleveland (Salazar 0-0), 12:05 p.m.

Minnesota (Pelfrey 4-6) at Tampa Bay

(Moore 12-3), 12:10 p.m.

Kansas City (Santana 5-5) at N.Y. Yankees

(Pettitte 6-6), 1:05 p.m.

Chicago White Sox (Sale 5-8) at Detroit

(Sanchez 7-5), 1:08 p.m.

Boston (Dempster 5-8) at Seattle

(Ramirez 0-0), 3:40 p.m.

Texas (Darvish 8-4) at Baltimore (Gonzalez 6-3), 7:05 p.m.

THE CANADIAN PRESS

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	52	39	.571	—
Washington	47	44	.516	5
Philadelphia	45	47	.489	7 1/2
New York	40	48	.455	10 1/2
Miami	33	57	.367	18 1/2

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	55	34	.618	—
Pittsburgh	53	36	.596	2
Cincinnati	51	40	.560	5
Chicago	40	49	.449	15
Milwaukee	37	53	.411	18 1/2

WEST DIVISION

	W	L	Pct	GB
Arizona	47	43	.522	—
Los Angeles	44	45	.494	2 1/2
Colorado	43	48	.473	4 1/2
San Diego	41	50	.451	6 1/2
San Francisco	40	50	.444	7

Wednesday's results

Cincinnati 6 Milwaukee 2

L.A. Angels 13 Chicago Cubs 2

Miami 6 Atlanta 2

St. Louis 5 Houston 4

Washington 5 Philadelphia 1

N.Y. Mets 7 San Francisco 2

Oakland at Pittsburgh

L.A. Dodgers at Arizona

Colorado at San Diego

Tuesday's results

Oakland 2 Pittsburgh 1

Philadelphia 4 Washington 2

St. Louis 9 Houston 5

San Diego 2 Colorado 1

Atlanta 6 Miami 4

Chicago Cubs 7 L.A. Angels 2

Milwaukee 2 Cincinnati 0

L.A. Dodgers 6 Arizona 1

N.Y. Mets 10 San Francisco 6

Thursday's games — All times Eastern

Washington (Zimmermann 12-3) at Philadelphia (Kendrick 7-6), 7:05 p.m.

Cincinnati (Latos 8-2) at Atlanta (Hudson 5-7), 7:10 p.m.

St. Louis (Westbrook 5-3) at Chicago Cubs (Jackson 5-10), 8:05 p.m.

Milwaukee (Gallardo 7-8) at Arizona (Miley 5-7), 9:40 p.m.

Colorado (Pomeranz 0-2) at L.A. Dodgers (Capuano 2-6), 10:10 p.m.

San Francisco (Bumgarner 9-5) at San Diego (Marquis 9-10), 10:10 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
Winnipeg	2	1	1	0	52	49	2
Montreal	2	1	1	0	49	52	2
Toronto	2	1	1	0	55	58	2
Hamilton	2	0	2	0	54	69	2

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	2	2	0	0	75	39	4
Calgary	2	1	1	0	65	68	2
B.C.	2	1	1	0	56	60	2
Edmonton	2	1	1	0	48	59	2

Thursday's game — All times Eastern

Saskatchewan at Toronto, 7:30 p.m.

Friday's game

Calgary at Montreal, 7:30 p.m.

Saturday's games

Winnipeg at Hamilton, 6:30 p.m.

B.C. at Edmonton, 9:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts

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Horoscopes

Aries

March 21 - April 20

Take life at a more civilized pace today — well, civilized by your standards anyway. You don't have to work your fingers to the bone to make a good impression.

Taurus

April 21 - May 21

You may be unenthusiastic about what you have to do but do it anyway and strive to do a good job. If you make an effort for other people now, they will be more inclined to make an effort for you later.

Gemini

May 22 - June 21

You may need to lower your sights a little over the next 24 hours. It's good to aim high but according to the planets your current aims reside in a galaxy far, far away. Bring them back to Earth today.

Cancer

June 22 - July 23

You know something your rivals don't and it can give you the edge to get ahead of the pack and stay ahead. But, knowledge is power only if you are prepared to use it.

Leo

July 24 - Aug. 23

Others will talk you up today and you'll love every moment of it. But why are they so determined to make you look good? Are they just being friendly or is there a deeper motive?

Virgo

Aug. 24 - Sept. 23

If there is someone you want to impress, all you have to do is open your mouth and tell them what you think. The fact that you do think, when so many in the world today do not, puts you at an advantage.

Libra

Sept. 24 - Oct. 23

For some reason, you appear to believe that you have to work twice as hard and move twice as fast as your rivals. Don't put pressure on yourself when you don't have to.

Scorpio

Oct. 24 - Nov. 22

You may not be the most forgiving member of the zodiac but you are smart enough to realize that an ongoing feud is a waste of time. Do what you have to do to heal the rift.

Sagittarius

Nov. 23 - Dec. 21

You will be under pressure today and maybe of the kind that you are not naturally equipped to handle. Whatever happens, you must stay calm.

Capricorn

Dec. 22 - Jan. 20

You are in a light-hearted and carefree mood at the moment. But a work colleague will seek to burst your bubble by making demands that cannot be met. Smile sweetly and tell them to forget it!

Aquarius

Jan. 21 - Feb. 19

Minor problems are likely to have far-reaching consequences today. Think before you act and, if you are not sure which course of action is best, take no action at all. Come tomorrow, the problem will have resolved itself.

Pisces

Feb. 20 - March 20

You have so much going for you now but you seem to believe that your life is falling apart. Stand back from your everyday worries and see the bigger picture. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Pet rights org.
5. Profess
9. Mickey __
14. Shopping spot
15. __-Fella (Record label)
16. Ontario attraction, Canada Village
17. " __ and Away" by The 5th Dimension
18. Yesterday: French
19. Lovely parties
20. U-571, e.g.
21. Ms. McLachlan
22. Edith Wharton novel, Ethan __
23. Shakespeare's tragic character
25. Water wheel
27. Porridge particle
28. "Sounds like __!"
29. For
32. "Black Horse & The Cherry Tree" by KT __
35. Published
37. "That __ it should be."
38. Become knowledgeable
40. Olive genus
41. Crack
43. Montreal singer, Nikki __
45. Tokyo, once
46. Pirate's exclamation!
48. Diner offering
49. Super-__
50. Prophet
53. Plunge the potato chip again

Down

5. "Sheesh!"
58. Did a marathon
59. Bar soap brand, Spring
60. Chaps
61. __ fide
62. Leonardo da (b.1452 - d.1519)
63. Concerning, office-style: 2 wds.
64. International oil gr.
65. Toronto __ Centre
66. Adam's abode
67. Library communication starter
68. Clothing retailer founded in 1985 in Toronto: 2 wds.
69. Swiss peak
70. Buddhist who has attained Nirvana
71. See: French
72. Nova Scotia's slogan, Canada's __
73. Artist Andy
74. "Echo Beach" by Martha and The __
75. Canadian __ Company
76. Capable of: 2 wds.
77. Feel
78. Gaelic
79. Cobblestone
80. Westerns prop
81. "The Office" star

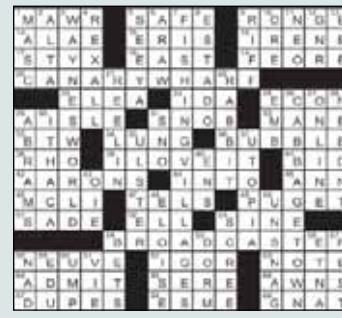
See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Mr. Wilson
28. Bar drink
29. For example... beans, chick peas and lentils: 2 wds.
30. Be in need of Febreze
31. Singer/actress, Aubrey __
32. Sandcastle's swoosher
33. Pre-owned
34. __ of faith
36. Actress Ms. Vergara
39. Encouraging shout!
42. Manitoba city northwest of Winnipeg
44. Grand Ole __
47. Archie Comics character
49. Bee Gees genre
50. Mary-Kate or Ashley
51. Paths
52. Legislate
53. Tear apart
54. Suffix with 'Ranch'
55. Exertion
57. Ancient harp
61. Cyndi Lauper tune: "She __"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



4	3	2	6
6	5	4	3
2			5
9	1	8	
7			9
4	5	1	
1	8	9	4
4	3	7	2
1	8	9	4



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